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HEALTH TIP: Regardless of age or fitness level, studies show that making time for exercise and adjusting your diet provides serious mental benefits

Be realistic about how much food you'll actually need to feel full – our eyes can get the best of us, especially when we're at a buffet

BangaloreMirror
Friday, February 24, 2023
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Your body keeps you high!

People produce endocannabinoids – similar to compounds found in marijuana

Over the past two decades, a great deal of attention has been given to marijuana – also known as pot or weed. The use of marijuana for medical purposes has grown significantly in many countries during the last 20 or so years. But few people know that the human body naturally produces chemicals that are very similar to delta-9-tetrahydrocannabinol, or THC, the psychoactive compound in marijuana, which comes from the Cannabis sativa plant. These substances are called endocannabinoids, and they're found across all vertebrate species.

Evolutionarily, the appearance of endocannabinoids in vertebrate animals predates that of Cannabis sativa by about 575 million years.

It is as if the human body has its own version of a marijuana seedling inside, constantly producing small amounts of endocannabinoids.

The similarity of endocannabinoids to THC, and their importance in maintaining human health, have raised significant interest among scientists to further study their role in health and disease, and potentially use them as therapeutic targets to treat human diseases.

THC was first identified in 1964, and is just one of more than 100 compounds found in marijuana that are called cannabinoids.

Endocannabinoids were not discovered until 1992. Since then, research has revealed that they are critical for many important physiological functions that regulate human health. An imbalance in the production of endocannabinoids, or in the body's responsiveness to them, can lead to major clinical disorders, including obesity as well as neurodegenerative, cardiovascular and inflammatory diseases.

We are immunologists who have been studying the effects of marijuana cannabinoids and vertebrate endocannabinoids on inflammation and cancer for more than two decades. Research in our laboratory has shown that endocannabinoids regulate inflammation and other immune functions.

> **An imbalance in the production of endocannabinoids, or in the body's responsiveness to them, can lead to major clinical disorders like obesity**

Endocannabinoid system?

A variety of tissues in the body, including brain, muscle, fatty tissue and immune cells, produce small quantities of endocannabinoids. There are two main types of endocannabinoids: anandamide, or AEA, and 2-arachidonoyl glycerol, known as 2-AG. Both of them can activate the body's cannabinoid receptors, which receive and process chemical signals in cells.

One of these receptors, called CB1, is found predominantly in the brain. The other, called CB2, is found mainly in immune cells. It is primarily through the activation of these two receptors that endocannabinoids control many bodily functions.

The receptors can be compared to a "lock" and the endocannabinoids a "key" that can open the lock and gain entry into the cells. All these endocannabinoid receptors and molecules together are referred to as the endocannabinoid system.

The cannabis plant contains another compound called cannabidiol, or CBD, which has become popular for its medicinal properties. Unlike THC, CBD doesn't have psychoactive properties because it does not activate CB1 receptors in the brain. Nor does it activate the CB2 receptors, meaning that its action on immune cells is independent of CB2 receptors.

Role of endocannabinoids

The euphoric "high" feeling that people experience when using marijuana comes from THC activating the CB1 receptors in the brain.

But when endocannabinoids activate CB1 receptors, by comparison, they do not cause a marijuana high. One reason is that the body produces them in smaller quantities than the typical amount of THC in marijuana. The other is that certain enzymes break them down rapidly after they carry out their cellular functions.

However, there is growing evidence that certain activities may release mood-elevating endocannabinoids. Some research suggests that the relaxed, euphoric feeling you get after exercise, called a "runner's high," results from the release of endocannabinoids rather than from endorphins, as previously thought.

The endocannabinoids regulate several bodily functions such as sleep, mood, appetite, learning, memory, body temperature, pain, immune functions and fertility. They control some of these functions by regulating nerve cell signaling in the brain. Normally, nerve cells communicate with one another at junctions called synapses. The endocannabinoid system in the brain regulates this communication at synapses, which explains its ability to affect a wide array of bodily functions.

The elixir of endocannabinoids

Research in our laboratory has shown that certain cells of the immune system produce endocannabinoids that can regulate inflammation and other immune functions through the activation of CB2 receptors.

In addition, we have shown that endocannabinoids are highly effective in lessening the debilitating effects of autoimmune diseases. These are diseases in which the immune system goes haywire and starts destroying the body's organs and tissues. Examples include multiple sclerosis, lupus, hepatitis and arthritis.

Recent research suggests that migraine, fibromyalgia, irritable bowel syndrome, post-traumatic stress disorder and bipolar disease are all linked to low levels of endocannabinoids.

—Prakash Nagarkatti and Mitzi Nagarkatti (The Conversation)

All problems solved

Dear Coleen

I've been cringing since Saturday night when I lunged in to kiss a good male friend and he pulled away from me and carried on talking.
Every time I think about it I feel so embarrassed. He's recently separated from his wife (also a friend of mine) and he's been leaning on me a lot for support as we're old mates and knew each other long before he was married.
I've really enjoyed spending proper time with him again, even though he wants to talk a lot about his ex.
We went to a friend's party at the weekend, got a bit drunk, and late in the evening we were sitting on our own and I gave him a hug, trying to console him when he was talking about his pending divorce.
I don't know what came over me, but as I pulled away from the hug, I tried to kiss him and he kind of pushed me away, but didn't acknowledge it – and neither did I.
What should I do?

COLEEN SAYS

I suspect you might like your friend more than you realise. Only you can work that out, I'm afraid.
You have to decide if you do like him in the romantic sense or if you want to forget the whole cringey episode and get back to being just friends.
If it's the first scenario, then I honestly don't think he's ready to get involved with someone.
The separation from his wife is fairly recent and divorce is on the cards, so he's not going to be in the right place to jump into a new relationship.
He can't stop talking about his ex!
It might be a question of putting on your big girl pants and giving him a call to say you're dying of embarrassment after trying to kiss him, and if he weren't in the midst of a marriage breakdown, you'd be first in line.

—Coleen Nolan, Daily Mirror

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NGT penalises urban deputy commissioner for non compliance of its order on illegal constructions in storm drain buffer zone

DRAINFOG

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

The National Green Tribunal Southern Zone imposed a penalty of Rs 10,000 on Bengaluru Urban deputy commissioner for non compliance of its order on the illegal construction of buildings in buffer zones of storm water drains at Kumbena Agrahara village of Bidarahalli Hobli, Bengaluru East taluk.

"As the deputy commissioner, Bengaluru Urban District, has not filed the report, as directed in our last order, the said report of the deputy commissioner will be received by this tribunal only after making a payment of Rs 10,000 (rupees ten thousands only) to the State Legal Authority of Karnataka," said National Green Tribunal Southern

CONTINUED ON PAGE 4 »

CITY / PAGE 2

No way

Activists ask, what on earth is a dead lake?

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3 THINGS TO DO

01 Infinite Light

Gallery Sumukha presents 'Infinite Light', a major and multi-genre exhibition of the work of the renowned artist Paresh Maity at Gallery Sumukha. The exhibition brings together, for the very first time, a selected compilation of works by Maity, showcasing drawings, paintings and sculptures created through four decades of his art practice. The artist will be present at the preview exhibit on 26th February. **Where: Gallery Sumukha, Wilson Garden; When: February 26 – Mar 25, 10:30 am – 6 pm (Mon – Sat)**

02 Underground film club

Atta Galatta presents "Underground Film Club", a monthly film screening by Falah Faisal. At a time when we are spoilt for choice on what to watch, the best movies don't make it to streaming. And nothing beats the communal experience of watching a movie together. Join us for the first (literally) underground film club in the city. **Where: Atta Galatta, Indiranagar When: February 24, 7:00 PM For info contact: Falah 9964826055**

03 Move it, in style

Shimmy to some Salsa and Bachata moves by the Motley Dance Company, only at Lahe Lahe. Join in with family and friends for a more fun experience. **Where: Lahe Lahe, Indiranagar When: Feb 26 Register: 9886294444**

The organic way

Different types of incense sticks made out of charcoal and flower waste displayed at National Horticultural Fair at The Indian Institute for Horticulture Research.

Activists ask, what on earth is a dead lake?

Minister's plan to build houses on 'dead lakes' roundly panned; main authority denies any such concept and says permission also not given

Melvin Mathew
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A recent statement by Housing Minister V Somanna regarding construction of housing structures on dead lakes has raised an uproar among lake activists. Noting that the statement is against the Karnataka Tank Conservation & Development Authority (KTCDA) Act, the tank authority clarified that there is no concept as dead lakes.

Two days back, Sommana had announced the construction of 52,000 houses on 493 dead lakes. However, as per KTCDA Act and the competent lake authority has clarified that there is no concept of dead lakes and no permission has been provided from them.

Calling it a grave injustice to Bengaluru lakes, lake activists emphasised that such measures would encourage the killing of lakes and would lead to flooding in the area. Lake activist V Ram Prasad told BM, "Dead lakes are primarily man-made and this will only encourage the creation of more dead lakes. There is no official definition of 'dead lakes'. Many lakes that do not receive water for 30 years due to drought cannot be categorised as dead lakes. The government has no regard for water bodies and that is also why the most polluted lake is in Karnataka."

He said that the project has been undertaken without understanding of the topology or geology of the area. "The move goes against the constitutional duty to save the lakes. These areas will flood for sure as they will be the lowest point. Economically weaker sections that get houses in these areas will get flooded and it will lead to destruction to life and property," he cautioned.

Prasad added that in previous instances, constructions on 'dead lakes' have led to flooding as in the case of Challaghatta lake (declared as a dead lake).

Just a few months ago, Bengaluru was reeling under heavy floods and Rs 350 crore was released to the BBMP for flood mitigation. Following the flood mitigation measures, stormwater drain encroachment removal and revival were taken up. Even in a recent Budget the Chief Minister announced, a Rs 3,000-crore project to mitigate flooding in the city, As part of the project, sluice gates will be established at all lakes.

Leo Saldhana of Environment Support Group (ESG) said, "As per Lakshman Rao Committee 1980 report, even if there is no water, lakes cannot be used for any other purpose. All our lakes are not meant to have water throughout the year. Lakes fill up in the monsoon and dry up in summer. KTCDA should issue a notice as it's a violation of Section 12 of the KTCDA Act."

Environmentalists warn that any such project would be an open invitation to more flooding and an encouragement to kill lakes

As per Section 12 under Chapter 3 of the KTCDA Act 2014, the tank cannot be used for any purpose other than storage or impounding of water. The Act warns against "Making any irregular and unauthorised construction, any commercial, recreational or industrial complexes or houses or carry on any industrial activity within 30 metres from the outer boundary of the tank".

Clarifying KTCDA's stance on the issue, KTCDA CEO C Mruthunjayaswamy said, "We do not have a classification for dead lakes. As per revenue records, there have been several lakes since time immemorial and there have been two surveys and three surveys between 1908-1930. As per the three surveys, all the Bengaluru lakes were identified. Subsequently, in the Lakshman Rao Committee report, few lakes were found to be non-existent. For example, the Kempegowda bus station used to be a lake. However, the matter regarding such lakes is still pending in High Court and a survey report has been requested by HC. After the High Court passes an order, a detailed survey is required about the lakes. However, there is no concept of dead lakes. We have not given any permission from KTCDA either."

BMRCL to take the eco-friendly route

Corporation says it will source 11.2 per cent of its power requirements from renewable sources

The Bangalore Metro Rail Corporation Limited (BMRCL) has said it will source 11.2 per cent of its power requirements from renewable sources. According to data shared in the recent parliamentary session, BMRCL has informed the Centre that out of the average daily power consumption of 3,80,344 units, about 5344 units is generated by Rooftop Photovoltaic System (solar power) of 1.5 MW capacity which is currently installed at five stations of Reach-4 Extension.

Further, a contract has been awarded to a company to install 20MW capacity under Renewable Energy Service Company (RESCO) models. With this, about 11.2 per cent power requirement will be from the renewable source.

However, the BMRCL is yet to catch up the Delhi Metro which is meeting 65 per cent of its day time energy requirements from renewable sources of energy since December, 2019 and efforts to harness solar energy from rooftop solar plants were initiated in August 2014 itself. In fact, DMRCL is planning all its future elevated stations and depots with rooftop solar plants.

Among the other metro cities, Chennai Metro Rail Limited's (CMRL) total installed capacity of renewable sources of energy (solar) is 6.4 MW and the total solar power consumption was 6.15 per cent of total energy consumption of CMRL over last year.

The Uttar Pradesh Metro Rail Corporation Limited (UPMRCL) has installed solar panels of 1 MW at Lucknow Metro while Kochi Metro Rail Limited (KMRL) has installed solar capacity of 10.58 MW which is giving 50 per cent of energy neutrality.

The Gujarat Metro Rail Corporation Limited has installed capacity of 200 KW rooftop solar panels. Maharashtra Metro Rail Corporation Limited has

installed 4.5 megawatts (MWp) capacity rooftop solar panels in Nagpur and Noida Metro Rail Corporation Limited has engaged private developers to provide the solar power at the rate of Rs 3.25 per KWH for 25 years at NMRC locations.

— Sridhar Vivan

CRIME FILES

Who dunnit? Man waylaid, strangled

A man was strangled to death in the middle of the road in Manganahalli near Jnanabharathi.

Dinesh, 46, a carpenter by profession, was riding back home after work, when the miscreants who blocked his bike on the road, killed him and escaped at 8 pm on Wednesday.

Locals who saw that a person was killed alerted the police control room and the police reached the spot.

According to locals and friends, Dinesh did not associate with anyone. Police have not yet been able to find a reason for the murder or any idea about who could have committed the murder. The Jnanabharathi police, who inspected the scene with FSL experts and a dog squad, registered a case of murder on the basis of the complaint filed by the family members of the deceased.

Supari to kill MLA: Photos found

The Bommanahalli police have registered an FIR after finding photos on the mobile phone of an accused in the case of giving Rs 2 crore as supari for the murder of BJP MLA Sathish Reddy . The police, who had been on the search for the accused Girish's mobile phone, finally succeeded in finding it hidden in Chitradurga. On checking the phone, the photo of the MLA was found. Along with this, a photo of rowdy sheeter Naga was also found. Currently, the police have started an investigation on why these photos were on the phone.

The accused claimed that he had downloaded the photos from Google. No information has been found yet about him having received money for killing the MLA.

Teacher dies by suicide

A teacher named Shankarappa Boraddy, 47, who had come to join a protest in the city, is said to have died by suicide by jumping from the train at the railway station in Bengaluru on February 22. Shankarappa had arrived in Bengaluru to participate in the ongoing indefinite protest for pension by Karnataka state-aided school teachers. Shankarappa hailed from Sindhanur in Raichur district. He was a mathematics teacher in the town. He is said to have participated in the protest at Freedom Park on Tuesday, stayed at a teacher's house and left later without taking his bag.

Begging: 55 held for trafficking kids

Police of the Central Crime Branch (CCB) Women's Protection Division have caught more than 55 people who were trafficking children and using them for begging at various roads, streets, major circles and traffic signals in Bengaluru.

For the past several days, the police of the CCB Women's Protection Squad have conducted operations in various parts of the city to rescue those involved in begging. A total of 14 teams were formed to rescue the beggars. Three boys, five girls, 18 women and five men were rescued. All those rescued have been rehabilitated in collaboration with the Department of Women and Child Welfare.

—Ahna Prakash

CCB Women's Protection Squad have been conducting ops to rescue those involved in begging in city

Robotic valve replacement treatment

Bangalore Mirror Bureau
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TWEETS @BangaloreMIRROR

A 60-year-old who was diagnosed with a calcific aortic valve with severe stenosis was given a new lease of life with robotic aortic valve replacement recently. Speaking about the working of robotic aortic valve replacement, Dr Sathyaki Nambala, Chief Cardiac Surgeon at Apollo Hospital, Bannerghatta Road said, "This breakthrough procedure conducted by extensively trained doctors gave a new life to the patient. The heart was significantly dysfunctional due to the long-standing issue and required early aortic valve replacement. Additionally, he was suffering from a chest wall deformity - scoliosis with crowding of ribs, making his condition more complex. He was discharged within three days of the procedure and is doing perfectly well and healthy."

Breakthrough procedure conducted by extensively trained doctors

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Well well, B'luru has a problem

While city has registered rise in water table, 728 of 8,891 borewells are 'defunct'

Sridhar.Vivan
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TWEETS @sridharvMIRROR

With the summer temperatures increasing, so is the demand for water. There are 8,891 borewells in the city, 8,163 of which are in working condition. A Bangalore Water Supply and Sewerage Board (BWSSB) engineer said, "2,486 borewells are being handed over by the Bruhat Bengaluru Mahanagara Palike (BBMP), and overall, we will be managing 10,180 in the city. During summer, we take up regular maintenance work to ensure that borewells are fit for drawing water. In case of any reduction in the water table, we will take measures to increase the depth."

Water table rises

A growth has been registered in Bengaluru's water table, according to a November analysis by the Central Ground Water Board (CGWB). The report states that 18 wells were analysed. Out of them, 61.1 per cent saw a rise in the water table by 0-2 m, 11 per cent saw a 2-4 m rise, and around 16.7 per cent saw a fall of 0-2 m. Overall, 83.3 per cent saw the water table rise.

Experts said that the rise was due to excess rainfall in the city over the last few years. Officials said that the CGWB is periodically monitoring groundwater levels throughout the country.

An official said that in order to assess the decline in water levels on a long-term basis, data from urban areas collected by CGWB during November 2022 was compared to the decadal average (2012-2021). Analysis of water level data with respect to cities indicated that about 59.8 per cent of the wells monitored have registered a rise in groundwater levels in the country.

"The Central Ground Water Authority (CGWA) has advised Karnataka to take measures to promote/adopt artificial ways to recharge groundwater, harvest rainwater. A master plan - Artificial Recharge to Groundwater - 2020 - has been prepared by the CGBW in consultation with states. The plan contains provisions for the construction of about 1.42 crore rainwater harvesting and artificial recharge structures in the country to harness 185 billion cubic metre (BCM) of the monsoon rainfall," said an official.

A total of 2,486 borewells are being handed over by the BBMP to the BWSSB, according to a BWSSB official

High salinity in water

Groundwater in Bengaluru has higher levels of salinity, fluoride, nitrate, arsenic, uranium, and the presence of heavy metals. 29 districts of Karnataka have reportedly been affected by high, 30 districts have been partially affected due to fluoride, 29 districts by increased nitrate content, three districts due to arsenic, and 22 districts due to iron. "Karnataka has been advised to install community water purification plants, especially in arsenic and fluoride affected habitats to provide potable water to every household. This can be done at the rate of eight to 10 litre per capita per day to meet their drinking and cooking requirements. In addition, the quality of groundwater can be improved to some extent if concerte efforts are made," said Union Minister of State for Jal Shakti, Bishweswar Tudu.

"Overall, we will be managing 10,180 borewells in the city. During summer, we take up regular maintenance work to ensure they are fit for drawing water

–BWSSB engineer

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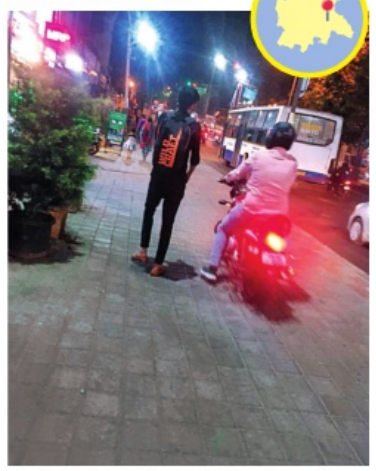
Reckless driving

Banashankari



Motorists drive recklessly on the footpath opposite Kamakya theatre, Banashankari 3rd Stage.

Black spot

HSR Layout

12th and 13th Main corner, 21st Cross, 7th Sector in HSR Layout is turning into a black spot and infestation of rats and snakes due to garbage, chopped trees.

A FINE ADJUSTMENT

CONTINUED FROM PAGE 1

Zone in an order.

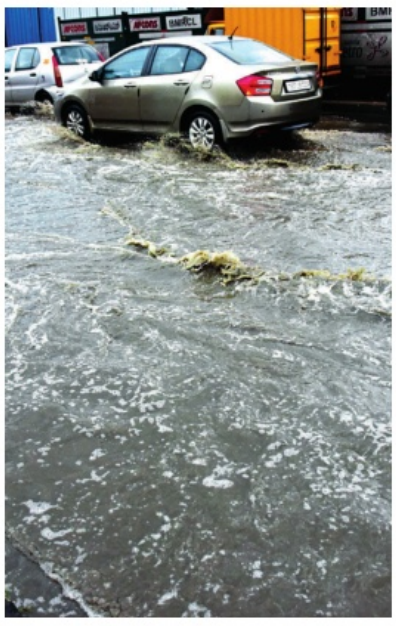
The National Green Tribunal Southern Zone bench headed by Justice Pushpa Sathyanarayana and Dr Satyagopal Korlapati passed the order on February 21. The NGT, while hearing the petition by V Paramesh and represented by advocate AS Brinda, passed the order on January 30, and directed all the respondents to file their objections within three weeks, failing which the objections if any to be filed will be received only on payment of a cost of Rs 10,000, and posted the hearing of the petition to February 21. However, Bengaluru Urban deputy commissioner (respondent no. 7) did not file the report on or before February 21.

Meanwhile, the National Green Tribunal Southern Zone said though the applicant had added the executive engineer of Bruhat Bengaluru Mahanagara Palike (BBMP) as a party, it should be the responsibility of the commissioner who can throw more light on the subject.

"Hence, we direct the 2nd respondent (Commissioner of Bruhat Bengaluru Mahanagara Palike) to file his report after verifying the existence of the water channel in the constructed area as alleged by the applicant and also furnish the earlier records. If any permission is granted for shifting the channel, the same may also be furnished," said the NGT Southern Zone bench in the order.

The hearing of the petition is posted to March 17. The petitioner mentioned nine individuals as respondents in the petition. The petitioner alleged that NVR Sun Pear Block B is being constructed by encroaching and blocking the adjacent storm water drain and the encroachment has consumed the protected eco zone. The petitioner also alleged that the BBMP authorities failed to verify the documents submitted by the manager of SV Elegant to get a revised plan for constructing the structure.

Bangalore Mirror published the story – BBMP has some explaining to do – on February 8, 2023, narrating how the National Green Tribunal Southern Zone, Chennai, directed the BBMP to file a report explaining why it permitted a builder to proceed with construction of a swimming pool and compound wall on the buffer zone of Kumbena Agrahara in Mahadevapura zone.



Blocked drains were said to be main cause of last year's floods

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I Surya Vidhankumar Jain W/O, Gourav Jain R/o S-1, Block -b, Watergrove S-2 Homes Electronic City Phase-2, Bengaluru 560100 have changed my name to Surya Jain

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I, Vishwanath Policepatil, residing at Mantri Alpyne, Flat No. A507, Uttarahalli Kengeri Road, Bangalore-560061, declaring that my minor daughter names DISHA VISHWANATH PATIL and DISHA PATIL pertains to one and the same person and it refers to my daughter only, hence my daughter name should be considered as DISHA VISHWANATH PATIL only, vide affidavit dated 22.02.2023, sworn before notary S.R Thulasikrishna, Bangalore.

I Thara Venugopal/ Thara / T.Anuradha /Tharaanooradha W/o Venugopal H C R/o #278, 15th cross, jpnagar 5th phase, Bangalore-78 have changed my name to Tharaanooradha for all purposes.

I Ayush S/o Kaushik Tokarkar R/o D 1807, Alembic Urban Forest, Ab Vajpayee Road, Kadugodi B'lore-560067 have changed my name to Ayush Tokarkar for all purposes.

I, ANNAPOORNA RAMENDAR D/o Viswanath Bokkasam R/o #1247, Chaitanya 6th Cross, Between 27th and 28th Main, Behind RV Dental College, 1st phase, JP Nagar, Bengaluru 560078 have changed my name to ANNAPOORNA BOCCASAM affidavit Dt.22/02/2023 Notary Ganesh Gowda M.V, B'luru

I, Rabiya Kesarbhavi w/o Mohammedyusuf Kesarbhavi R/o #496, SLV Roopa Apt, Flat.002, 4th cross, Beml 3rd stage, R R Nagar, Bengaluru 560098 have changed my name to Rabiya Shirugumpi affidavit Dt.23/02/2023 notary Ganesh Gowda M.V, B'luru

I Kaushik Tokarkar R/o D 1807, Alembic Urban Forest, Ab Vajpayee Road, Kadugodi B'lore-560067 have changed my minor son's name from Tasmay to Tasmay Tokarkar for all purposes.

I, SANTHOSH ANANTHAPURA R/at No. 15/13, Nandi Garden Apartment, Phase – 2, J.P. Nagar, 9th Phase, Bangalore-560108 have changed my minor daughter name from DEVAYANI ANANTAPURA SANTHOSH To DEVAYANI SANTHOSH vide affidavit dated: 17/2/2023 Before Notary K.V.Mani Bangalore.

I Rugia Khatoon W/O Sayeeduddin R/o No:- 41 4th Cross Vinayakanagar Old Guddadahalli Bangalore 26 Have changed my name to Rukia Khatoon for all purpose.

I, Pushpa Arjan Daryanani Have Changed My Name To Pushpa Jacob After Marriage Vide Affidavit Issued On 05-10-2013, B'lore.

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Murky findings in bank scam

| Y Maheswara Reddy
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The Enforcement Directorate (ED) on Thursday arrested a defaulter named Rajesh VR under the Prevention of Money Laundering Act (PMLA), 2002, for siphoning of funds worth Rs 1,000 crore from from Sri Guru Raghavendra Sahakara Bank Niyamitha.

The release issued by the ED said that Rajesh is the major beneficiary of the funds and this was done with the bank management's involvement. "As per the RBI's inspection report, he has availed loans of Rs 40.4 crore from the bank and has not repaid it. It is also noticed during investigation that there are multiple FIRs against Rajesh VR and his wife in case of public frauds committed by them in other cooperative banks/societies also," the release said.

After the arrest, members of an association of depositors -- the Sri Guru Raghavendra Sahakara Bank Sherudaarara Mattu Tevanidaarara Hitharakshana Vedike -- said they would meet ST Somashekhar, Minister for Cooperation, at his residence the next day to discuss the case further. The minister had earlier announced that the case was being handed over to the CBI.

"We expected the state government to hand over the SGRSBN scam to the CBI as soon as the minister convened a meeting with officials concerned last month. The issue was raised by MLC Venkatesh during the Assembly session held in Belagavi last December," said General Secretary of the association, Harish V.

Depositors gather in front of Sri Guru Raghavendra Sahakara Bank Niyamitha (file image)

Member Suresh KH wondered why the RBI kept quiet all these days. "I think the RBI nominee is also responsible for the scam by keeping quiet on the ongoing irregularities in the bank," he said.

Earlier, an Enforcement Case Information Report (ECIR) was recorded by the ED based on the basis of an FIR registered under various sections of IPC and under Section 9 of Karnataka Protection of Interest Depositors in Financial Establishments Act, 2004 by Bengaluru Police against the bank and others.

During the investigation, it was revealed that the bank had promised to provide a higher interest rate to the depositors which was not in line with the prevailing market rate. "The bank officers had created fake loan accounts and transferred funds to these accounts (without proper scrutiny of the loans) which in turn was transferred to overdue loan accounts to show strong financial health of the bank," it also said.

The Principal City Civil and Sessions Judge, Bangalore has granted three days ED custody for Rajesh. Further investigation is in progress.

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Let the games begin!

Third chapter of Kannada Chalanachitra Cup 2023 to be held at Chinnaswamy Stadium from today

| Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

The third edition of Kannada Chalanachitra Cup 2023 is all set to commence from Friday at M Chinnaswamy Stadium. The inaugural function will be held at 2 pm on Friday.

On Wednesday at the stadium, actor Kichcha Sudeep said that all efforts are being made to make the Kannada Chalanachitra Cup cricket match a great success.

"We have received a very good response from cricket fans for the Kannada Chalanachitra Cup match. We have sold double the number of tickets compared to last year. All arrangements are made to conduct the cricket tournament. I expect Chinnaswamy Stadium to be filled with fans on Saturday," he said.

There will be three matches on Friday. The first match will be between Ganga Warriors and Hoysala Eagles from 3 pm to 5 pm. The second match will be between Hoysala Eagles and Wodeyar Charges from 5:15 pm to 7:15 pm, and the third match will be between Kadamba Lions and Rashtrakuta Panthers.

On Saturday, the Vijayanagara Patriots will clash with Kadamba Lions from 1 pm to 3 pm, Ganga Warriors will play with Wodeyar Chargers from 3:15 pm to 5:15 pm, and Rashtrakuta Panthers will play the match with Vijayanagara Patriots from 5:30 pm to 7:30 pm. Total of six teams will be seen playing in the stadium for the cup.

We have sold double the number of tickets compared to last year. I expect the stadium to be filled on Saturday

–Kichcha Sudeep. actor

Hoysala Eagles
Kichcha Sudeepa (captain) Chris Gayle, Rohit Gowda (KSCA), Ritesh Bhatkal (KSCA), Raju Gowda, Abhishek Baadkar, Sagar Gowda, Anup Bhandari, Nagarjuna Sharma, Arjun Bachchan, Vishwa, Manju Pavagada, Tharun Sudheer, Sunil Gowda, Rajesh Nataranga, Rohit Padaki and Sunil Gowda.

Ganga Warriors
Darling Krishna (captain), Suresh Raina, Dhananjaya, Praveen (KSCA), Shivakumar BU (KSCA), Sunil, Sudarshan, Mallikarjun, Sunil Raoh, Karan Arya, Naveen Raghu, Vaibhav Ram, Petrol Prasanna, Simple Suni, Ranjan Hassan and Chetan Kumar.

Vijayanagara Patriots:
Pradeep (captain) Herschelle Gibbs, Upendra, Adarsh (KSCA), Rajat Hegde (KSCA), Prajwal Revanna, Trivikram, Garuda Ram, Vikas, Dharma Keerthi Raj, Vittal Kamath, Kiran, Sachin, Mayur Patel and Nagendra P.

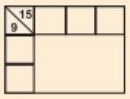
Kadamba Lions:
Ganesh (captain), Tilakaratne Dilshan, Rakshith Shivakumar (KSCA), Rishi Bhopanna (KSCA), Jagadeesh Chandra, Pratap V, Loki CK, Loose Madha, Renuk, Vyasaraja Sosale, Arun Sagar, Preetham Gubbi, Pawan Wadiyar, Pawan Maja Talkies, Abhilash and Rajeev.

Rashtrakuta Panthers:
Karthik Jayaram (captain), Dhruva Sarja, Subramiam Badrinath, Nihal Ullal (KSCA), Anishwar Gautham (KSCA), Satish Reddy, Manu Aiyyappa, Vinod Kini, Chandan, Sanjay, Prathap Narayan, Jagappa and Raghavendra M.

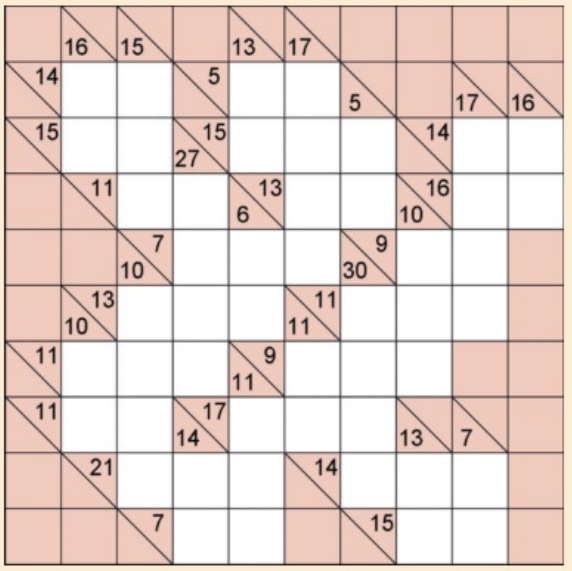
Wodeyar Chargers:
Shivarajkumar (captain), Brian Lara, Mohit BA, Rahul Prasanna (KSCA), Shashi Kiran, Arjun Yogi, Nirup Bhandari, CM Harsha, Ram Pavan, Naresh Gandhi, Vijay, Ganesh Raj, Ravishankar Gowda, Aaryan and Thaman.

Kakuro

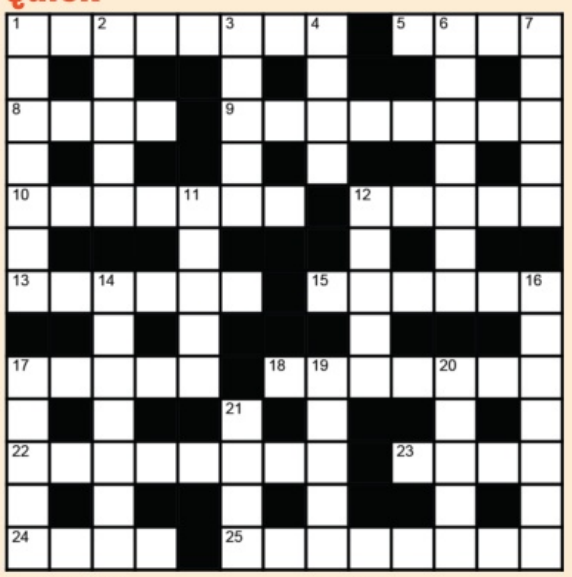
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Sample (8)
5 Got a hole in one (4)
8 Egyptian goddess (4)
9 Pull ahead of (8)
10 To send away (7)
12 Afghanistan's capital city (5)
13 F Scott Fitzgerald wrote "The Great ____ "? (6)
15 Startles (6)
17 Eccentric, violating decorum (5)
18 Have a speech impediment (7)
22 Memento or souvenir (8)
23 Prima donna (4)
24 A skin infection (4)
25 Snakes, lizards, etc (8)

DOWN

1 Noisy party (7)
2 Narrative poems (5)
3 Cat calls (5)
4 Require (4)
6 Climb with difficulty (7)
7 Reside (5)
11 Permeate (5)
12 Himachal Pradesh's ___ Valley (5)
14 Ties up (7)
16 Unrolls or unfolds (7)
17 ___ Hills: Bangalore's highest point (5)
19 Stupid person (5)
20 Rotate or revolve rapidly (5)
21 Equitable (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: U EQUALS W

DOG OZVOGHD NCHHZFRG HDTVG ZA JCPTR QSRDSPG ZH UOGA UG PGQCVAZXG DOTD UG CSVOD DC QCADPCR CSP DOCSVODH.

Linemaro

I Think I was blind before I met you

Mindchow

Flow with whatever may happen, and let your mind be free

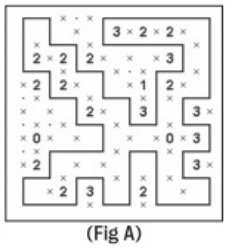
Joke of the day

I don't believe in spanking my children. I find waving my gun around accomplishes the same thing

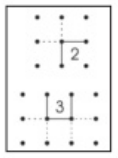
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

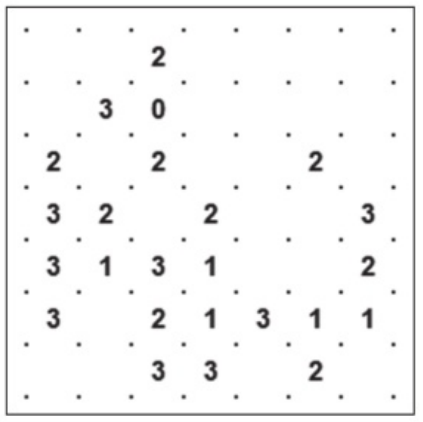


(Fig B) Not Allowed

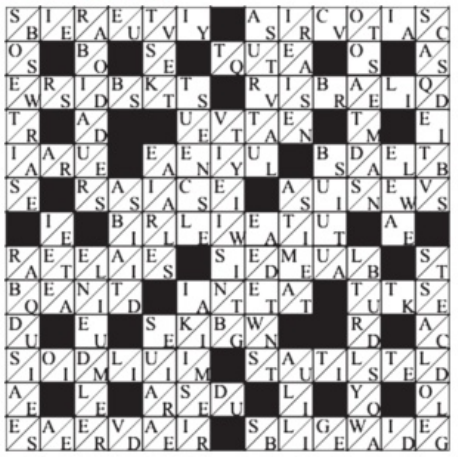
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



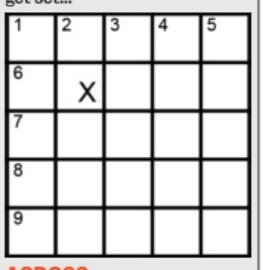
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

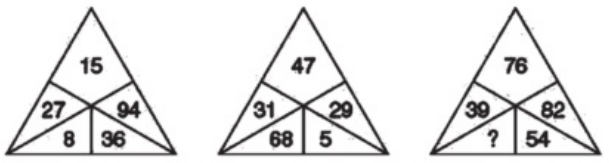
1 Paced; 6 Ox die; 7 Segni; 8 Agree; 9 Scold

DOWN

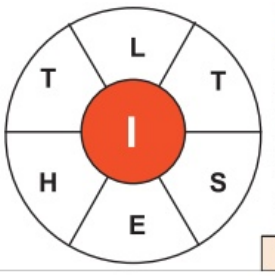
1 SC Coe; 2 Ax Ali; 3 No pig; 4 Ed deg; 5 Redes

Mensapuzzle

What number should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

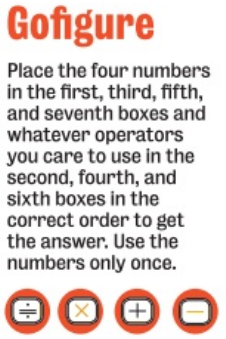
SudokuChallenge

	1		6		4		2	
7		4				8		6
	3						4	
2				6				3
	6	7	2		9	5	8	
9				7				4
	7						5	
1		6				3		9
	5		3		7		1	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 19
3 5 8 9

Medium = 8
2 5 6 9

Hard = 3
3 7 8 7

Hocusfocus

Find at least six differences in details between panels.

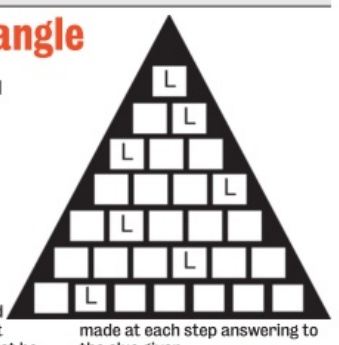
Differences: 1. Pail is higher. 2. Tree is moved. 3. Roof is wider. 4. Handle is different. 5. Bush is smaller. 6. Man is taller.

Riddler

Which is the odd one out: Pegasus, puffin, zebra, jaguar?

Alpha triangle

1 Learner's plate
2 Aluminium symbol
3 Youngster
4 Cope with
5 Forest clearing
6 Went fishing
7 Picked up



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

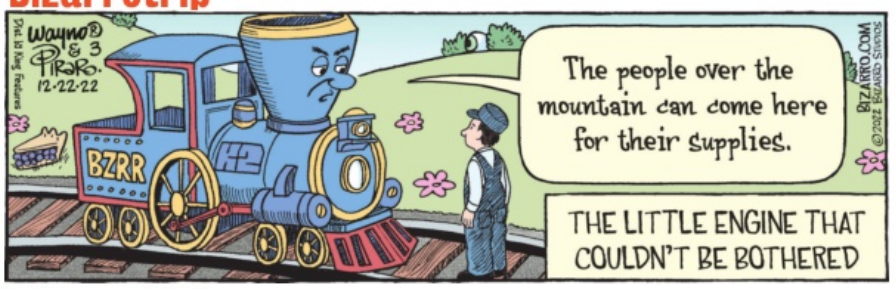
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

MIND IF I ASK YOU A PERSONAL QUESTION ?
SHOOT
HOW COME YOU DON'T HAVE FEATHERS ON YOUR LEGS ?
12-8
DID YOU KNOW THAT STORKS SHAVE THEIR LEGS ?

Bizarrotrip


Wayno & 3 Piece
12-22-22
BZRR
The people over the mountain can come here for their supplies.
THE LITTLE ENGINE THAT COULDN'T BE BOTHERED

Diamond Lil

Hart of the city

WHAT A GREAT SERVICE YOU'RE OFFERING! HOW MUCH?
WHATEVER YOU CAN SPARE!
I'VE GOT A FIVE... AND ABOUT TEN DOLLARS IN DIMES.
HMM... WE'LL TAKE THE FIVE AND PASS ON TH--
WAIT!
JUST PUT THE DIMES IN MY HAT!
HEART OF THE CITY © 2022 ANDREWS MCMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft

TONIGHT WE'RE JOINED BY A FAMILIAR FACE AT CHANNEL ONE... PHIL THE FORECASTER!
PHIL LEFT US FOR A LIFE OF LEISURE A WHILE AGO, AND WE'RE GLAD TO HAVE HIM BACK ON BOARD!
KURT CAMERON
CHANNEL ONE
12-15
ACTUALLY, RETIREMENT WAS AWFUL... AND I DIDN'T LEAVE... I WAS A VICTIM OF AGE DISCRIMINATION!
WHY DON'T WE JUST LET BYGONES BE BYGONES FOR THE HOLIDAYS, PHIL?
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you are blessed by the positive moon. You may enjoy it at work. You may get rewards for your hard work. Your social respect may be increased now. Overworking can make you tired. Due to your workload, you may not be able to reach a family event. Chronic health issues related to your parents may be cured now.

Taurus Apr 21 – May 20
Today you are blessed by the moon and may be satisfied with yourself at work. You may plan for a short work-related trip. You may also visit some spiritual place to maintain your inner peace. Your elders are likely to show you the right path, which may give you clarity regarding your goals.

Gemini May 21 – Jun 21
Today your moon becomes negative and you may feel dull. It is advised to keep your mind cool. Think twice before you act. You must travel to recover your money, otherwise you may lose it. You are also advised to avoid adventure tours. Students are advised to go for in-depth study to get success.

Cancer Jun 22 – July 23
Today you are blessed by the positive moon. You may feel good and domestic harmony will make you happy. You can meet some influential people who may help you get some benefits on the work front. You are likely to perform well at your job. You can expect some rewards in terms of promotions. Disputes over inherited property are likely to settle down.

Leo Jul 24 – Aug 23
Today you are blessed by the moon and may be healthy. You may be able to focus on your goals and your performance may be very good at work. Your boss may be happy with you. You may get some important responsibilities at work. You may hear good news in terms of legal matters. You are likely to have control over your opponents and business rivals.

Virgo Aug 24 – Sep 23
Today you may be more intellectual. You may prefer gaining knowledge. You may understand the value of intellectual assets. You may control your short temperedness, which can help you to perform your tasks smoothly. There may be some chances for smooth earnings, which may give you comfort in the workflow.

Libra Sep 24 – Oct 22
Today your moon becomes negative and you may feel negativity around you. You may find your responsibilities to be a burden. You may be in a hurry to complete a task given to you. You could make silly mistakes. Your working efficiency may be slowed down, which may affect your day-to-day work.

Scorpio Oct 23 – Nov 22
Today you are blessed by the moon. You may hear good news from your sibling. You may spend your time with family and friends. With the help of creativity, you may plan to renovate your house or office. You may start new partnerships with a family member, which will be beneficial in the near future. Your subordinates at the office may help you in terms of a project.

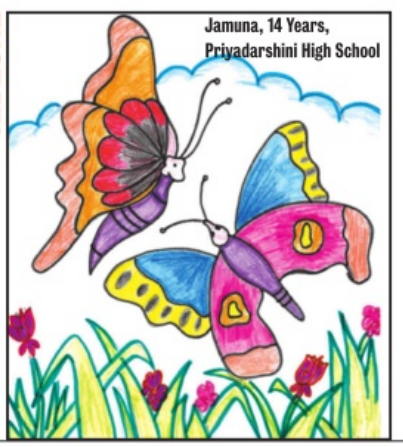
Sagittarius Nov 23 – Dec 22
Today you may feel negative. Tasks remain incomplete. You may be a victim of mood swings. Your patience may be tested many times. Silly mistakes can leave you confused. Lovebirds find themselves to be confused in terms of feelings. High expectations may affect your emotional attachment with your spouse. You are advised to take care of your parents.

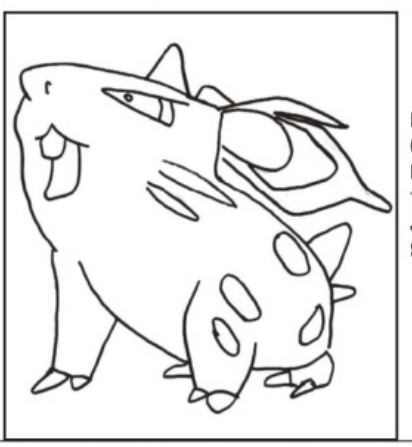
Capricorn Dec 23 – Jan 20
Today the moon will help you. You may feel happiness and peace of mind. You may work efficiently in your professional life. Your subordinates may cooperate with you and take some important decisions in business. You may plan to start a new venture with the help of your siblings and network, which may be beneficial in the growth of your business. It is advised to take proper rest to maintain your enthusiasm.

Aquarius Jan 21 – Feb 19
Today your moon becomes negative. You may face detachment from your given responsibilities. You also spend more on worthless stuff, which may increase negativity in the house or office. You are advised to keep an eye on your opponents and rivals, otherwise you may be a victim of conspiracy. It is advised to read documents carefully before putting your signature on them.

Pisces Feb 20 – Mar 20
Today you are blessed by the moon. You may enjoy your family and professional life. You may become polite with the people around you, which may help with smooth completion of your work. You may find some new sources of earnings, which may boost your savings. You may also plan to renovate your house or office.

KIDZONE





Nikhil Ganesh Makwana, 12 Years, JSS Public School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(40/40)*1/2+(2/200)*1/2-(5/80)*1/2=a/20
1*1/2 +(1/100)*1/2-(1/16)*1/2=a/2)
1 +1/10 -1/4 =a/20 a=20 +2 -5 =17

BULL'S EYE
heist, hilt, isle, islet, list, lithe, slit, site, silt, stile, stilt, THISTLE, tile, tilt, tithe, title

FAST FIVE

C	A	P	E	D
O	X	I	D	E
S	I	N	G	E
E	A	G	E	R
C	L	O	D	S

RIDDLER
Jaguar, the only animal that is not a type of pedestrian crossing.

STRIKE OUT

S	E	R	V	E	R	B	I	G	W	I	C			
E		E		R	E	D		L		O		O		
S	O	D	I	U	M		S	A	I	L	E	D		
U		E		S	I	G	N			D		A		
B	A	I	T		A	N	E	T		U	K	E		
A	T	L	A	S		I	D	E	A	L		S		
E		B	L	E	W	E	T	T		A				
E	R	A	I	S	E		S	I	N	E	S			
I	R	E		A	N	I	L		S	A	L	T		
T		D		E	V	A	N		M			E		
W	R	I	S	T	S		R	I	B	A	L	D		
O		B		E		Q	U	A		O		A		
B	E	A	U	T	Y		A	R	C	T	I	C		

QUICK

R	A	S	H		R	E	P	T	I	L	E	S		
A		R		I		R						D		
K	E	E	P	S	A	K	E		D	I	V	A		
M		H		F		W						E		
O	U	T	R	E		S	T	U	T	T	E	R		
P				L				E						
G	A	T	S	B	Y		A	L	A	R	M	S		
D	I	S	M	I	S		K	A	B	U	L			
N		C		W		D		M				L		
I	S	I	S		O	V	E	R	T	A	K	E		
H		P		E		E		L				W		
S	P	E	C	I	M	E	N		A	C	E	D		

SUDOKU

5	1	8	6	3	4	9	2	7
7	9	4	1	5	2	8	3	6
6	3	2	7	9	8	1	4	5
2	4	5	8	6	1	7	9	3
3	6	7	2	4	9	5	8	1
9	8	1	5	7	3	2	6	4
8	7	3	9	1	6	4	5	2
1	2	6	4	8	5	3	7	9
4	5	9	3	2	7	6	1	8

MENSA PUZZLE
1: each triangle contains the digits 1–9 once each only.

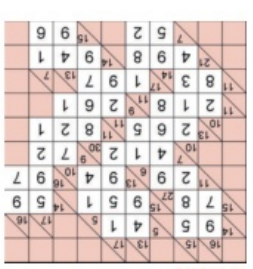
QUOTE UNCODE
The highest possible stage in moral culture is when we recognize that we ought to control our thoughts.

GO FIGURE
Easy
5 – 3 + 8 + 9 = 19
Medium
2 x 6 + 5 – 9 = 8
Hard
7 + 7 – 3 – 8 = 3

ALPHA TRIANGLE
L, Al, Lad, Deal, Glade, Angled, Gleaned.

LOOP

KAKURO



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 # Presenting, the SAG awards
Zendaya, Jason Bateman, Jeff Bridges and Aubrey Plaza will be among the presenters at Sunday's Screen Actors Guild Awards

In the shoes of a hero

SOUTH INDIAN HERO
3.5 RATING ★★★½☆
- **DIRECTOR** Naresh Kumar
- **ACTORS** Sarthak, Kaashima Rafi, Urvashi Roy, Yogaraj Bhat, Vijay Chendoor, Ashwin Palakki, Amith
- **CERTIFICATION** U/A
- **DURATION** 155 minutes

South Indian Hero is a highly entertaining film that also manages to tell an engaging story about the struggles of upcoming actors. It tracks the rise of fame and finally conveys the much-needed message to hardcore fans that they must not waste money to garland the cut outs or pour milk in the name of Paal Abhishekam.

The movie begins with the police investigating the mysterious disappearance of Lucky (Sarthak), a popular movie star. The police summons Lucky's friends to the station for interrogation. Here the director introduces a flashback to narrate how Logic Lakshman Rao (Sarthak), a physics teacher who tries to find logic in everything happens to meet Manasi (Kaashima Rafi), a music teacher, and how they fall in love and under what circumstances a failed director (Vijay Chendoor) meets Rao. Encouraged by Manasi, Rao agrees to act in movies and becomes famous.

Meanwhile, Spoorthy (Urvashi Roy), who plays the female lead in Rao's maiden movie, gets close to him. As expected, rumour mills get busy about his relationship with her. What happens to Manasi and Rao is what South Indian Hero is about.

Director Naresh Kumar, who handled the megaphone for Kannada movies First Rank Raju and Raju Kannada Medium, has succeeded in giving importance to the cast as per the requirement and also made the actors follow the script. The movie caters to the needs of mass as well as class audiences.

When it comes to the performance of the actors, all of them have made efforts to give their best. Sarthak walks away with all honours for his sterling performance. His dialogue delivery, body language, and his struggles in romance scenes are very good. Kaashima Rafi, as a bold music teacher who not only sings, dances but also empties beer bottles, is good. Vijay Chendoor who plays a failed director represents many failed directors in Sandalwood. Ashwin Kodange, as a movie producer who loves to have tender coconut water, tickles audiences' funny bones.

Music by Harsha Vardhan Raj and Anil CJ is good and the song – Ghama Ghama Ghamaadisthava Mallige – sung by Harsha Uppar and Prithwi Bhat, is melodious. Cinematographers Praveen and Rajasekhar have done excellent jobs behind the camera.

The added value of this movie is messages by well-established South Indian actors advising and appealing to their fans not to waste milk.

It is worth a watch for all class as well as mass audiences.

—Y Maheswara Reddy

Fangirl Rashmika

Actress poses with Thai & South Korean stars, shares pictures

Rashmika Mandanna is experiencing cloud 9 moments recently as the actress is attending an International Fashion Week and also got lucky to meet the sensational South Korean actor Jung Il-woo and Thai star Kanawut Traipipattanapong. Rashmika shared the pics on the Instagram story which went viral and caught the attention of Korean and Thai drama fans.

In the wee hours of Thursday, Rashmika took to her Instagram Stories and shared a picture in which she was posing with South Korean actor Jung Il-woo and Thai star Kanawut Traipipattanapong.

Rashmika was seen posing between the two actors with her trademark posture of finger hearts. The actress was seen wearing a white outfit while the men looked dapper in black. Sharing the picture, Rashmika wrote, "We the Asians" and tagged the stars. **—ETimes**

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